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ABSTRACT

This learning activity package on oral hygiene is one of a series of 12 titles developed for use in health occupations education programs. Materials in the package include objectives, a list of materials needed, a list of definitions, information sheets, reviews (self evaluations) of portions of the content, and answers to reviews. These topics are covered: rules for good oral hygiene, brushing and flossing teeth, helping patients with mouth care, denture care, and special oral hygiene. (YLB)

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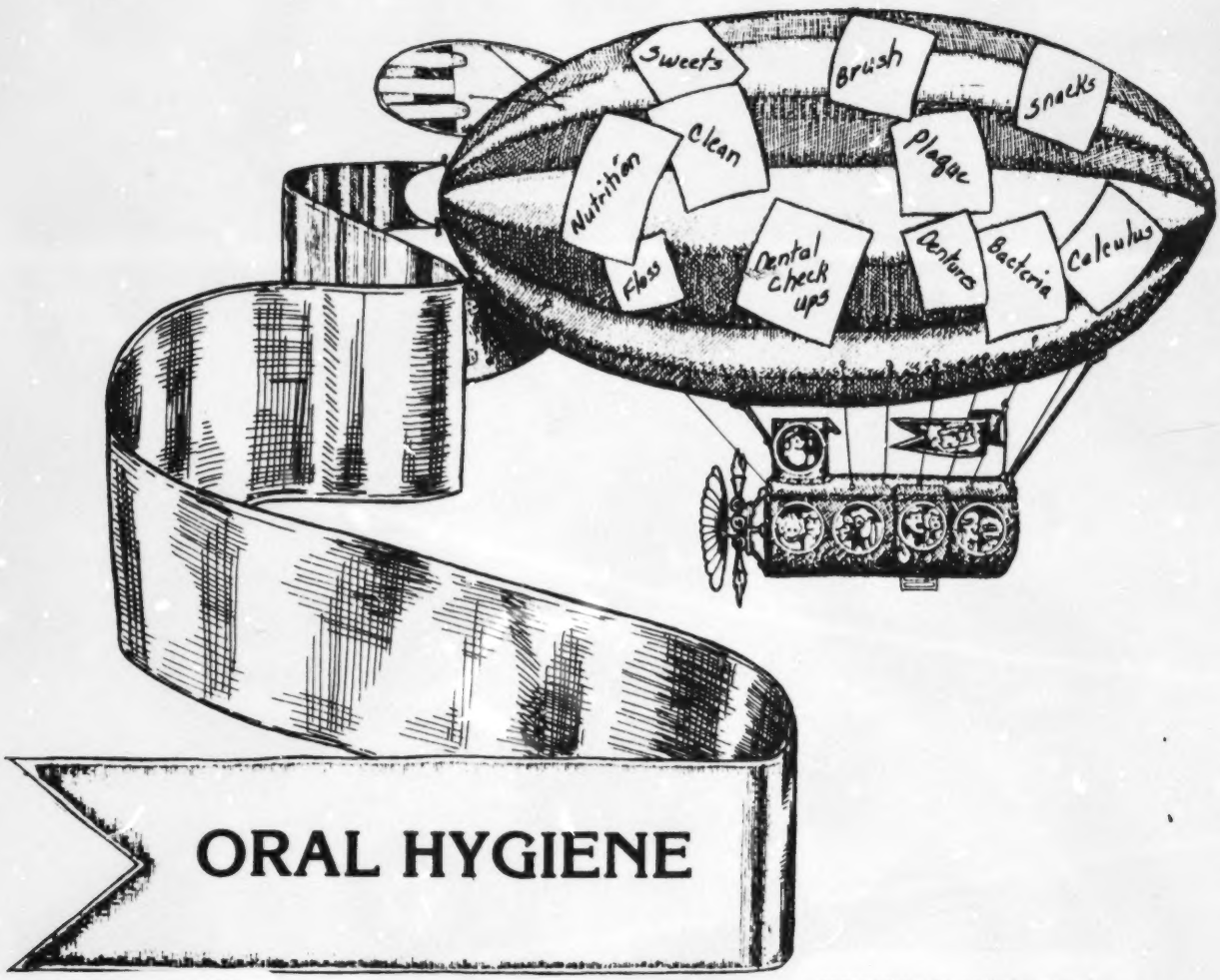

ORAL HYGIENE

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ORAL HYGIENE

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OBJECTIVES

- DEFINE: PLAQUE, HALITOSIS, PYORRHEA, SORDES.
- EXPLAIN WHY IT IS IMPORTANT TO USE DENTAL FLOSS.
- LIST THE FIVE (5) BASIC RULES FOR GOOD ORAL HYGIENE.
- DEMONSTRATE THE PROCEDURE FOR ASSISTING THE PATIENT WITH ROUTINE ORAL HYGIENE.
- DEMONSTRATE THE PROPER PROCEDURE FOR BRUSHING AND FLOSSING YOUR TEETH.
- DEMONSTRATE THE PROPER PROCEDURE FOR REMOVING AND CLEANING DENTURES.
- DEMONSTRATE THE PROPER PROCEDURE FOR ADMINISTERING MOUTH CARE TO AN UNCONSCIOUS PATIENT.

MATERIALS NEEDED

PENCIL OR PEN

WORK SHEET

TOOTHBRUSH

FLOSS

improve

your professional skills...

DEFINITION:

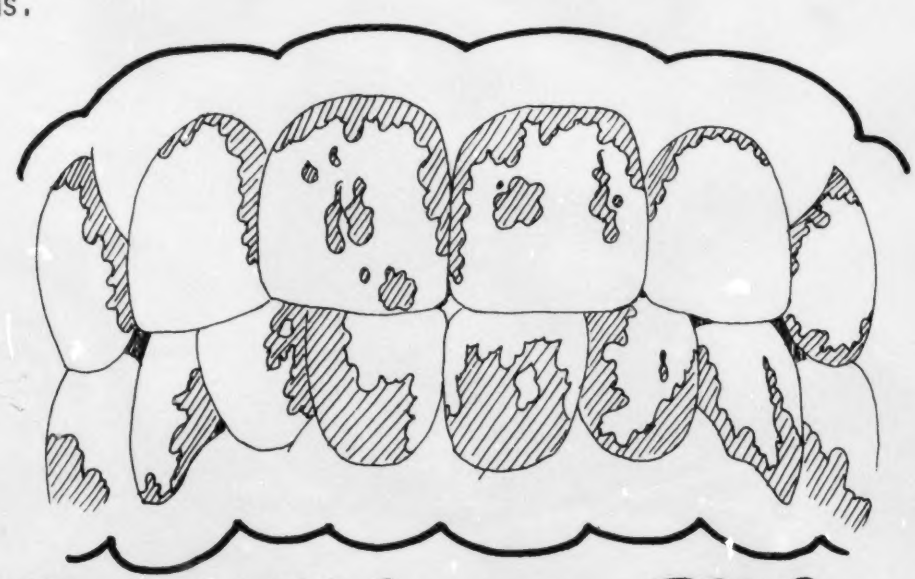
ORAL HYGIENE OR CARE OF THE MOUTH AND TEETH MEANS KEEPING THE MOUTH ' ', TEETH , AND GUMS IN A HEALTHY CONDITION.

WHY PRACTICE GOOD ORAL HYGIENE:

BY PRACTICING GOOD ORAL HYGIENE, YOU CAN HELP PREVENT CAVITIES (CARIES) AND INFECTION. ORAL HYGIENE GIVES YOU A FEELING OF WELL BEING, STIMULATES YOUR APPETITE, AND DOES MUCH TO IMPROVE YOUR PHYSICAL CONDITION.

CAUSES OF DISEASES IN THE MOUTH:

THE BASIC PROBLEM IS ONE OF BACTERIA. IN CERTAIN AREAS OF THE TEETH AND GUMS, MASSES OF BACTERIA ACCUMULATE. AS YOU CAN SEE, THE "WHITE STUFF" OR PLAQUE IS LOCATED AT THE JUNCTION OF THE TEETH AND GUMS.



Where Plaque Hides.

THE SALIVA IN THE MOUTH NORMALLY CONTAINS BACTERIA. BACTERIA NEED A WARM, MOIST, AND DARK ENVIRONMENT WITH PLENTY OF FOOD; THE MOUTH PROVIDES THIS ENVIRONMENT.

BACTERIA EAT THE SAME FOODS WE EAT, AND THEY PRODUCE AND EXCRETE WASTE PRODUCTS.....THE WASTE PRODUCT OF BACTERIA IS AN ACID. THIS ACID BATHES THE TEETH AND SLOWLY EATS AWAY THE HARD OUTER SURFACE ENAMEL. IT THEN EATS INTO THE SOFTER TOOTH STRUCTURE BELOW. THIS ACID ALSO IRRITATES THE SOFT TISSUE OF THE GUMS CAUSING GUM DISEASE (PYORRHEA).

THE BACTERIA GATHER AND ATTACH THEMSELVES TO THE TOOTH AND GUM SURFACES--IT'S THE "WHITE STUFF" CALLED PLAQUE. THIS CAN BE REMOVED ONLY BY MECHANICAL CLEANSING WITH A TOOTHBRUSH AND DENTAL FLOSS.

EVEN WHEN YOU HAVE A NORMAL DIET AND GOOD HEALTH, PLAQUE REFORMS IN THE MOUTH WITHIN 12-24 HOURS AFTER A THOROUGH CLEANSING.

YOU ARE DOING GREAT!!!

HOW DIET AFFECTS TEETH:

PROPER DIET CONTRIBUTES TO GOOD ORAL HEALTH. REFINED SUGARS COMMONLY FOUND IN SWEETS AND SNACK FOODS INCREASE THE GROWTH RATE OF DECAY CAUSING BACTERIA. AN ESPECIALLY BAD SNACK FOOD FOR THE TEETH IS SUGAR-COATED CEREAL. THIS BREAKFAST FOOD IS COATED WITH STICKY SUGAR THAT WILL CLING TO THE TEETH.

HOW TO PREVENT CAVITIES:

AVOID EXCESSIVE USE OF SOFT DRINKS. ALSO AVOID BETWEEN-MEAL EATING SO THAT DENTAL CARIES WILL BE PREVENTED AND CONTROLLED. THIS WILL ALSO HELP YOU MAINTAIN A PROPER BODY WEIGHT.

DON'T EAT SUGAR-COATED CEREAL.

AVOID SODA POP.

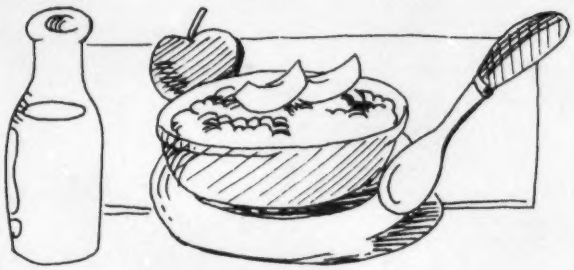
AVOID THE SNACK HABIT.

WHAT SNACKS CAN YOU EAT INSTEAD OF SWEETS?

How about:

COLD MILK

UNSWEETENED CEREAL



CHEESE

Sticks of cheddar, swiss, or brick cheese

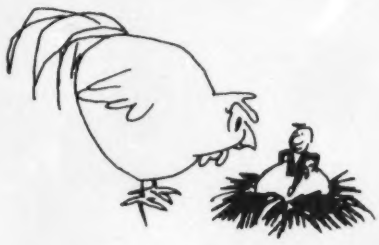
Make kabobs by alternating cheese cubes

and fruit pieces on tooth picks.

CRISP CELERY or carrot sticks, grapes and berries

POPCORN

THE MOUTH IS NOT ISOLATED FROM THE REST OF THE BODY. ANY PROBLEM IN THE MOUTH, SUCH AS EXCESSIVE BACTERIA, CAN INFLUENCE THE ENTIRE BODY SYSTEM. PEOPLE ARE DIFFERENT.

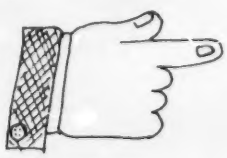


SOME BACTERIA WILL HARM ONE PERSON BUT NOT ANOTHER.

THEREFORE, EVERYONE SHOULD BRUSH AT LEAST 3 TIMES A DAY IF POSSIBLE. IF YOU CAN'T BRUSH AT LEAST 3 TIMES A DAY, YOU SHOULD:

- BRUSH AT LEAST ONCE A DAY AND ALSO FLOSS YOUR TEETH.
- EAT A BALANCED DIET.
- HAVE DENTAL CHECKUPS ON A REGULAR BASIS, AS RECOMMENDED BY YOUR DENTIST.

TURN THE PAGE FOR THE RULES OF GOOD ORAL HYGIENE.



Five Rules For Good Oral Hygiene

1. Clean between teeth as your dentist recommends.

2. Cut down on sweet foods, such as candies, gums, and mints containing sugar.

3. Brush teeth right after meals and snacks.

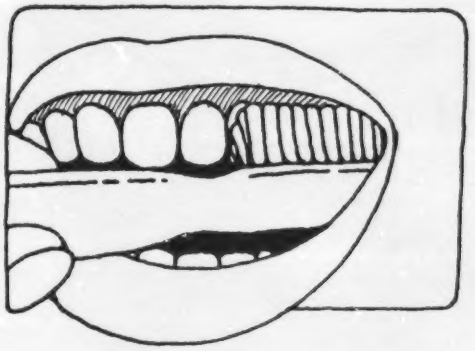
4. Rinse mouth thoroughly.

5. Visit your dentist on a regular basis for checkups.

How to Brush Your Teeth.

BRUSH THE OUTSIDES AND THE INSIDES OF YOUR UPPER AND LOWER TEETH.

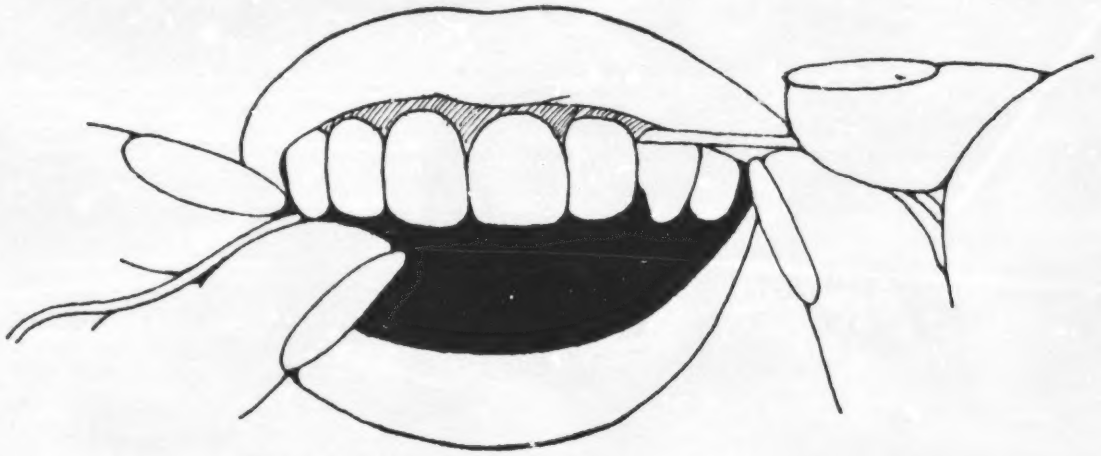
PLACE THE HEAD OF YOUR BRUSH ALONGSIDE YOUR TEETH, WITH THE BRISTLE TIPS ANGLED AGAINST THE GUM LINE.



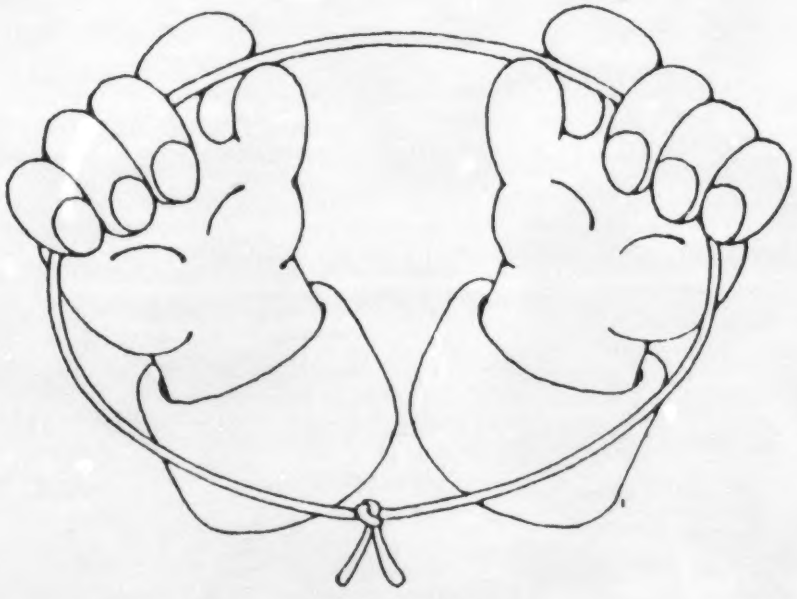
BRUSH THE INSIDES OF FRONT TEETH WITH THE "TOE" (FRONT PART) OF THE BRUSH.

Flossing Your Teeth.

YOU NEED DENTAL FLOSS TO REMOVE PLAQUE FROM THE SIDES OF TEETH.



FLOSS GOES UNDER THE GUM LINE. IT MUST CLEAN TOOTH SURFACES ON BOTH SIDES OF EVERY SPACE.

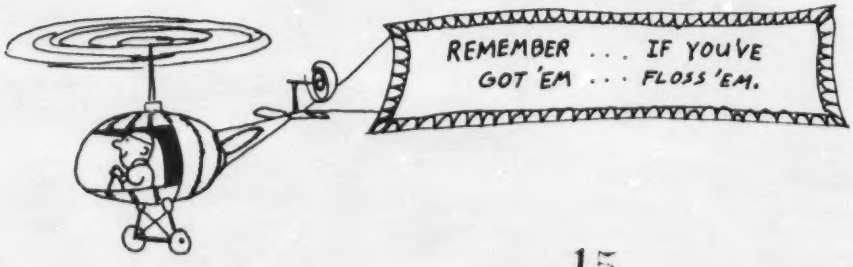


HOLDING FLOSS TIED IN A CIRCLE.

DRAPE A TOWEL OVER THE PATIENT'S CHEST TO PROTECT CLOTHING. REMIND PATIENT TO LOOK IN A MIRROR WHILE FLOSSING TEETH--FLOSSING SHOULD BE DONE BEFORE BRUSHING. IF PATIENT IS NOT FLOSSING PROPERLY, DEMONSTRATE THE FOLLOWING TECHNIQUE:

- WRAP THE FLOSS AROUND THE SECOND OR THIRD FINGERS OF EACH HAND.
- STARTING WITH THE BACK TEETH, INSERT THE FLOSS AS FAR AS POSSIBLE INTO THE INTERPROXIMAL SPACE (BETWEEN THE TEETH), WITHOUT INJURING THE GUMS. CLEAN THE INTERPROXIMAL SURFACES OF BOTH TEETH BY PULLING THE FLOSS UP AND DOWN AGAINST THE SIDE OF EACH TOOTH.
- THEN WRAP THE FLOSS AROUND THE BACK OF EACH TOOTH, MAKING A "C" AROUND THE TOOTH. PULL THE FLOSS UP AND DOWN OVER THE BACK OF EACH TOOTH.
- FLOSS ALL THE TEETH, USING THIS METHOD. USE A CLEAN SECTION OF FLOSS--ABOUT AN INCH (2.5 CM) LONG--FOR EACH PAIR OF TEETH.
- RINSE WITH WATER AFTER FLOSSING ALL THE TEETH.

AFTER FLOSSING, THE PATIENT SHOULD BRUSH TEETH WHILE LOOKING IN A MIRROR. IF THE PATIENT HAS A BLACK, HAIRY TONGUE FROM TAKING ANTIBIOTICS, THE PATIENT SHOULD ALSO BRUSH THE TONGUE. THIS HELPS INHIBIT THE OVERGROWTH OF PAPILLAE WHICH CAUSES A HAIRY EFFECT. KEEP THE GLASS OF WATER AND THE EMESIS BASIN HANDY TO RINSE THE MOUTH. ALTHOUGH TOOTHPASTE AND MOUTHWASH DON'T AID IN PLAQUE REMOVAL, THEY DO FRESHEN THE PATIENT'S MOUTH.



REVIEW I.

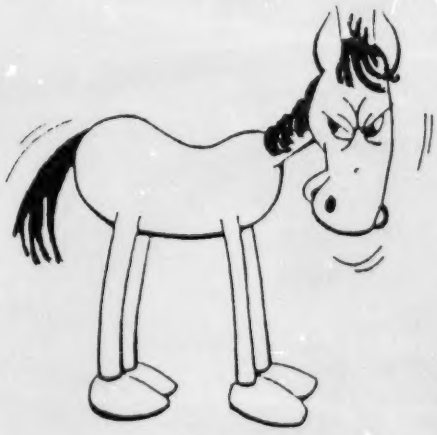
ORAL HYGIENE

1. WHAT IS THE "WHITE STUFF" CALLED? _____

2. HOW IS THE BACTERIA REMOVED? _____

3. USE DENTAL FLOSS TO CLEAN THE SIDES OF YOUR TEETH.
   TRUE FALSE

4. THE FIVE BASIC RULES FOR GOOD ORAL HYGIENE ARE:
   A. _____
   B. _____
   C. _____
   D. _____
   E. _____



REVIEW I. ANSWER KEY

1. PLAQUE

2. MECHANICAL CLEANSING WITH TOOTHBRUSH AND DENTAL FLOSS.

3. TRUE

4. A. CLEAN BETWEEN TEETH AS YOUR DENTIST RECOMMENDS.

   B. CUT DOWN ON SWEET FOODS, SUCH AS CANDIES, GUM, AND MINTS CONTAINING SUGAR.

   C. BRUSH TEETH RIGHT AFTER MEALS AND SNACKS.

   D. RINSE MOUTH THOROUGHLY.

   E. VISIT YOUR DENTIST ON A REGULAR BASIS FOR CHECKUPS.

put it all together.

IF YOU DON'T UNDERSTAND OR HAVE ANY QUESTIONS ? SEE YOUR INSTRUCTOR.

HELPING PATIENTS WITH MOUTH CARE

MOST PATIENTS WHO ARE CONSCIOUS AND CAN USE THEIR HANDS CAN DO THEIR OWN MOUTH CARE OR ORAL HYGIENE. BUT THEY MAY NEED MOTIVATION AND SOME MAY NEED HELP.

AMBULATORY PATIENTS CAN USUALLY DO THEIR OWN MOUTH CARE AT THE BATHROOM SINK, JUST AS THEY WOULD AT HOME.

ENCOURAGE YOUR PATIENTS TO HELP THEMSELVES.

HOWEVER, IF THE PATIENT IS ON BEDREST OR BEDRIDDEN, YOU'LL NEED TO BRING THE NECESSARY EQUIPMENT TO THE BEDSIDE.

BEFORE STARTING ANY PROCEDURE, YOU SHOULD DO AN ASSESSMENT. IN OTHER WORDS, ANALYZE THE JOB. CHECK YOUR PATIENT'S LIPS. ARE THEY PINK IN COLOR? ARE THEY CRACKED OR MOIST? ARE THERE SORES IN THE MOUTH (SORDES)? IS THE TONGUE PINK OR COATED? ARE THE GUMS SWOLLEN OR INFLAMED? WHAT IS THE PATIENT'S MOUTH CONDITION?

PROCEDURE

ROUTINE ORAL HYGIENE

1 WASH YOUR HANDS.

2 ASSEMBLE EQUIPMENT:

TOOTHBRUSH

TOOTHPASTE OR POWDER

MOUTHWASH SOLUTION - DILUTE WITH WATER 1:1

EMESIS BASIN

FACE TOWEL OR BATH TOWEL

CUP OF FRESH WATER

PLACE ARTICLES WITHIN EASY REACH.

3 GREET THE PATIENT, AND EXPLAIN THE PROCEDURE.

4 SCREEN THE PATIENT.

5 RAISE THE HEAD OF THE BED SO THE PATIENT WILL BE IN A SITTING POSITION. CHECK IF PATIENT'S CONDITION PERMITS.

6 PLACE BATH TOWEL OVER PATIENT'S GOWN AND COVERS.

7 POUR WATER OVER TOOTHBRUSH AND PUT SMALL AMOUNT OF TOOTHPASTE ON THE BRUSH. GIVE BRUSH TO PATIENT.

ENCOURAGE PATIENT TO DO SELF-CARE. IF THE PATIENT IS UNABLE, YOU SHOULD BRUSH CAREFULLY AND THOROUGHLY.

8 GIVE PATIENT CUP OF FRESH WATER.

USE EMESIS BASIN FOR RINSING MOUTH. IF PATIENT NEEDS ASSISTANCE, HOLD EMESIS BASIN UNDER CHIN FOR FLUID RETURN. IF PATIENT FINDS THIS DIFFICULT, TURN PATIENT'S HEAD TO ONE SIDE WITH CURVE OF BASIN NEAR THE CHIN.

9 OFFER MOUTHWASH.

USE EMESIS BASIN FOR FLUID REMOVAL.

10 REMOVE BASIN. OFFER TISSUE OR WASHCLOTH TO WIPE MOUTH AND CHIN.

ASSIST, IF NECESSARY.

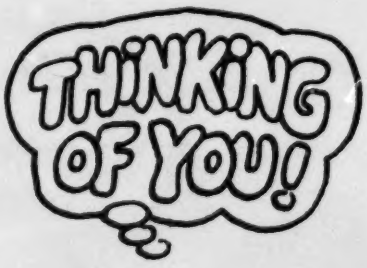
11 REMOVE TOWEL. RINSE TOOTHBRUSH WITH WATER, AND CLEAN EMESIS BASIN. RETURN CLEAN EQUIPMENT TO PROPER STORAGE AREA.

MOST ITEMS ARE STORED IN THE BEDSIDE STAND OR OVERBED TABLE.

IN SOME HOSPITALS IT IS NOT THE PRACTICE TO RECORD ROUTINE PROCEDURES UNLESS THERE IS AN UNUSUAL CONDITION. IN OTHERS, ROUTINE CARE IS RECORDED.

12 RECORD PROCEDURE.

NOTE CONDITION OF GUMS, TONGUE, TEETH, AND LIPS.
REPORT UNUSUAL OBSERVATIONS IMMEDIATELY.



KEEP GOING. YOU ARE DOING SUPER!

1 WASH YOUR HANDS.

2 ASSEMBLE EQUIPMENT:

EMESIS BASIN

TISSUE OR GAUZE SQUARES

TOOTHBRUSH OR DENTURE BRUSH

TOOTHPASTE OR DENTURE CLEANER

DENTURE CUP

3 GREET PATIENT, AND EXPLAIN THE PROCEDURE.

4 SCREEN PATIENT. PROVIDE FOR PRIVACY.

SOME PATIENTS MAY BE EMBARRASSED AND MAY NOT WANT TO REMOVE DENTURES IN YOUR PRESENCE.

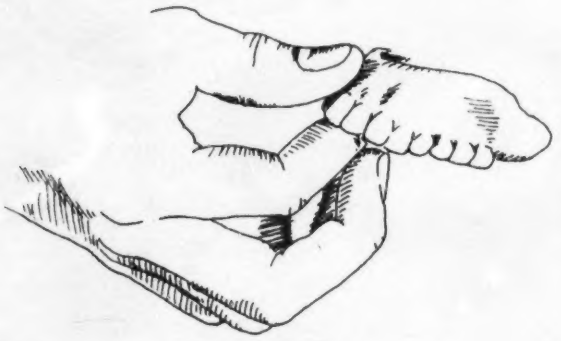
5 ASK PATIENT TO REMOVE DENTURES.

IF PATIENT IS UNABLE TO DO THIS, YOU SHOULD REMOVE THEM.

6 DENTURES SHOULD BE BRUSHED DAILY TO REMOVE SOFT PLAQUE DEPOSITS. IF THE DENTURES HAVE CALCULUS (TARTAR) STAINS, THEY SHOULD BE SOAKED IN WARM WATER WITH A COMMERCIAL DENTURE CLEANER AND THEN BRUSHED.

REMOVING AND CLEANING PATIENT'S DENTURES

WHEN YOU REMOVE THE PATIENT'S UPPER DENTURE, GRASP THE FRONT AND PALATAL SURFACES OF THE DENTURE WITH YOUR THUMB AND FOREFINGER. PUT YOUR OTHER HAND OVER THE UPPER BORDER OF THE DENTURE, AND PRESS TO BREAK THE SEAL OF THE DENTURE FROM THE PALATE. (PALATE IS THE ROOF OF THE MOUTH.)

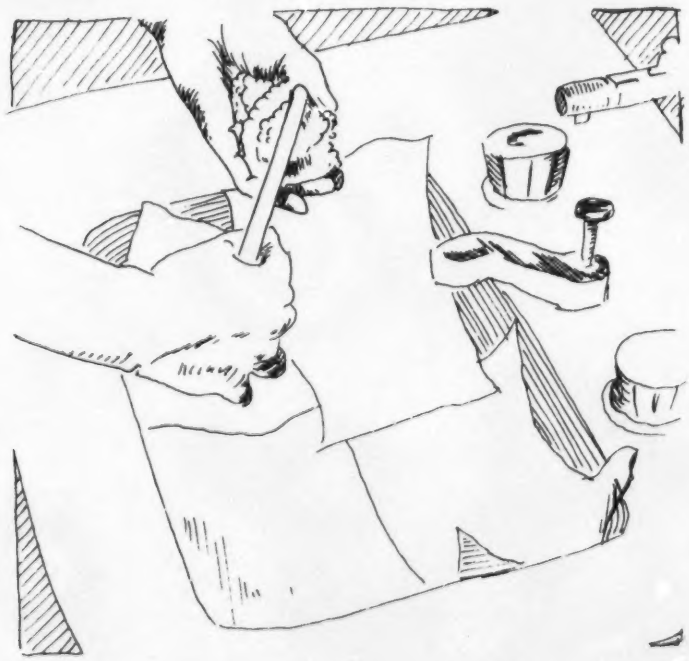


TO REMOVE A FULL LOWER DENTURE, GRASP THE FRONT AND LINGUAL SURFACES OF THE DENTURE WITH YOUR THUMB AND INDEX FINGER. TO REMOVE PARTIAL DENTURES, EXERT EQUAL PRESSURE ON THE BORDER

OF EACH SIDE OF THE DENTURE. DO NOT TRY TO REMOVE A DENTURE BY LIFTING THE CLASPS----YOU MIGHT BEND OR BREAK THEM.

7 PLACE DENTURES IN A DENTURE CUP OR EMESIS BASIN. TAKE TO THE BATHROOM OR UTILITY ROOM.

8 BEFORE CLEANING A DENTURE, LINE THE BOTTOM OF THE SINK WITH A PAPER OR CLOTH TOWEL TO PROTECT THE DENTURE FROM HITTING THE HARD SURFACE. PUT TOOTHPASTE OR A MILD ABRASIVE, SUCH AS BAKING SODA, ON TOOTHBRUSH. PLACE DENTURES IN PALM OF HAND, AND BRUSH ALL SURFACES UNTIL CLEAN.



IF THE DENTURE IS STAINED BADLY WITH CALCULUS, SOAK IN A MIXTURE OF WARM WATER AND A COMMERCIAL CLEANER. FOLLOW THE DIRECTIONS ON THE PACKAGE.

IF A COMMERCIAL CLEANER ISN'T AVAILABLE, YOU CAN SUBSTITUTE 1 TO 2 TEASPOONS (5 TO 10 ML) OF WHITE VINEGAR IN 1 CUP (240 ML) OF WARM WATER, OR 1 TEASPOON (5 ML) OF CHLORINE BLEACH AND 2 TEASPOONS (10 ML) OF WATER SOFTENER IN A CUP (240 ML) OF WARM WATER. BE SURE TO MIX THE BLEACH WITH WATER SOFTENER TO PREVENT THE DENTURE FROM CORRODING.

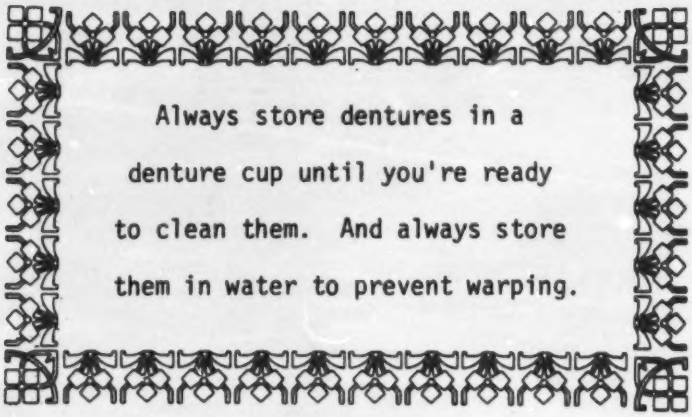
*DO NOT SOAK DENTURES WITH METAL PARTS OVERNIGHT---THIS MAY CAUSE CORROSION. BE SURE TO USE ONLY WARM WATER---EXTREMES IN TEMPERATURE CAN DISTORT THE DENTURE.

9 RINSE UNDER COOL RUNNING WATER. DO THIS BEFORE PLACING DENTURES BACK IN PATIENT'S MOUTH.

10 PLACE DENTURES IN CLEAN DENTURE CUP OR EMESIS, AND TAKE TO THE BEDSIDE.

11 HAVE PATIENT, IF ABLE, RINSE MOUTH WITH MOUTHWASH BEFORE REPLACING DENTURES. INSERT DENTURES, IF NECESSARY.

IF DENTURES ARE NOT IN PATIENT'S MOUTH, THEY SHOULD BE KEPT IN A LABELED DENTURE CUP AND PLACED IN THE PATIENT'S BEDSIDE STAND.



12 CLEAN AND RETURN EQUIPMENT TO PROPER STORAGE AREA.

13 RECORD, IF THAT IS YOUR HOSPITAL POLICY.

REPORT ANY MOUTH OR GUM IRRITATIONS TO YOUR SUPERVISOR.

1 WASH HANDS.

2 ASSEMBLE THE FOLLOWING EQUIPMENT ON TRAY:

COTTON-TIPPED APPLICATORS

4 TONGUE BLADES

4 GAUZE SQUARES

MOUTHWASH

FACE TOWEL

EMESIS BASIN

PETROLEUM JELLY

LEMON, GLYCERIN SWABS, IF AVAILABLE

BITE-BLOCK*

SUCTION MACHINE*

*THESE ITEMS MAY OR MAY NOT BE AVAILABLE FOR YOUR USE.

TO GIVE MOUTH CARE TO AN UNCONSCIOUS PATIENT, OR TO ANY PATIENT WHO CAN'T USE HIS OR HER HANDS, YOU'LL NEED THE SAME MATERIALS AS FOR A CONSCIOUS PATIENT.

3 GREET PATIENT, AND EXPLAIN PROCEDURE.

YOU DON'T KNOW IF A PATIENT CAN HEAR EVEN THOUGH, TO OUR UNDERSTANDING, THEY ARE UNCONSCIOUS.

IF YOUR PATIENT IS UNCONSCIOUS, INTUBATED, OR CAN'T USE HIS OR HER HANDS, YOU WILL HAVE TO GIVE MOUTH CARE. DENTAL PLAQUE CAN BUILD UP, EVEN WHEN A PATIENT IS NPO. PLAQUE CAN BE GREATER BECAUSE THE PATIENT IS NOT CHEWING, AND CHEWING DOES HELP TO CLEAN THE TEETH.

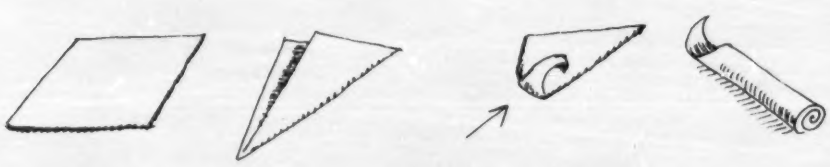
4 PLACE PATIENT ON HIS OR HER SIDE, OR TURN HIS OR HER HEAD TO ONE SIDE.
THIS POSITION WILL AID IN PREVENTING CHOKING.

IF A SUCTION MACHINE IS AVAILABLE, USE IT THROUGHOUT THE PROCEDURE TO KEEP PATIENT'S MOUTH CLEAR OF SALIVA.

5 PLACE TOWEL UNDER PATIENT'S CHIN.
THIS PROTECTS PATIENT AND LINEN FROM GETTING DAMP.

6 OPEN MOUTH GENTLY WITH TONGUE DEPRESSOR.

TO PAD A TONGUE DEPRESSOR WITH GAUZE SQUARE, YOU OPEN GAUZE SQUARE AND FOLD IN A TRIANGLE, ROLL FIRMLY, AND SECURE ENDS.



HAVE YOUR INSTRUCTOR DEMONSTRATE THIS TO YOU, IF YOU DON'T UNDERSTAND.

7 DIP APPLICATORS INTO MOUTHWASH SOLUTION (DILUTE 1:1). YOU MAY CHOOSE TO USE THE PADDED TONGUE BLADES, OR LEMON AND GLYCERIN SWABS. THOROUGHLY SWAB THE INSIDE OF MOUTH, TEETH, TONGUE, AND ROOF (PALATE) OF MOUTH.

IT MAY BE NECESSARY TO HOLD PATIENT'S MOUTH OPEN. YOU MAY USE ANOTHER PADDED TONGUE BLADE OR USE A BITE-BLOCK IF AVAILABLE.

8 REMOVE GAUZE, AND REWRAP TONGUE DEPRESSORS. REPEAT STEP 7, IF NECESSARY. RINSE MOUTH USING CLEAN, PADDED TONGUE DEPRESSOR MOISTENED WITH WATER OR DILUTED MOUTHWASH SOLUTION.

APPLY LUBRICANT TO LIPS FREQUENTLY WITH PETROLEUM JELLY SO THEY WON'T CRACK.

REMOVE EXCESS FROM MOUTH.

9 CLEAN AND RETURN EQUIPMENT TO ITS PROPER STORAGE AREA.

10 RECORD SPECIAL ORAL HYGIENE GIVEN. REPORT ANY MOUTH OR GUM OBSERVATIONS.

OUTSTANDING!!!

YOU HAVE JUST COMPLETED THE LAP ON

ORAL HYGIENE.....

NOW RETURN TO INSTRUCTOR

AND OBTAIN YOUR FINAL QUIZ AND WORK SHEET.

Learning Activity Packages
Available from the Department of Education

This learning activity package is one of a series of 12 titles relating to health careers that are available from the California State Department of Education. A student packet and an instructor's packet are published in each of the following subjects:

Anaphylactic Shock
Blood Pressure
Confidentiality
Grooming
Handwashing
Metric System
Nutrition
Oral Hygiene
Patient Observation
Surgical Scrub
Syncope
TPR (Temperature, Pulse, Respiration)

Student packets are available at $1.75 each, plus tax, and instructors' packets at $1.50 each, plus tax.

Orders should be directed to:

California State Department of Education
P.O. Box 271
Sacramento, CA 95802

Remittance or purchase order must accompany order. Purchase orders without checks are accepted only from government agencies in California. Sales tax should be added to all orders from California purchasers.

A complete list of approximately 500 publications available from the Department may be obtained by writing to the address listed above.

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